

NATURALOPY

PRECEPT 9

ATTITUDE





NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- | | |
|-----------------|-----------------|
| 1. Freewill | 11. Happiness |
| 2. Karma | 12. Love |
| 3. Simplicity | 13. Dreams |
| 4. Health | 14. Wisdom |
| 5. Spirituality | 15. Success |
| 6. Compassion | 16. Suffering |
| 7. Purpose | 17. Forgiveness |
| 8. Virtue | 18. Salvation |
| 9. Attitude | 19. Liberty |
| 10. Character | 20. Time |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

PRECEPT 9

ATTITUDE



PRECEPT 9

ATTITUDE

attitude

mindset, perspective, view, philosophy, position, point of view

1. A state of mind; personal perspective, worldview.
2. A subjective view of the world, whether negative or positive, that results in a specific behavior.

Some see the glass as half-empty, some see it as half-full, and others just fill-up the glass. That is attitude in a nutshell.

A person with a negative attitude blames the world for their woes. A person with a positive attitude looks for causes behind their woes, learns from them, and moves on.

A negative person plays the victim card—they have it bad because it's the color of their skin, gender, age, background, sexual preference, education, parents, friends, media...there's always an excuse with the negative person. On the other hand, a positive person evaluates, plans, and plows through their problems—blaming no one and no thing.

A positive person has the “if it's to be, it's up to me” attitude.

Be a positive person.



Whether you think you can or think you can't—you're right.

Henry Ford



Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.

Thomas Jefferson



Naturalopist

Winners dream big.
Winners make goals.
Winners think they can.
Winners work hard.

Losers make excuses.
Losers think no one can.
Losers blame other people.

You will never find time for anything. If you want time, you must make it.

Charles Buxton



The pessimist complains about the wind;
the optimist expects it to change;
the realist adjusts the sails.



William Arthur Ward



Change your thoughts and you change the world.

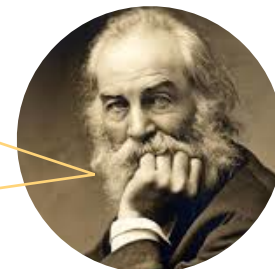
Norman Vincent Peale

The greatest discovery of my generation is
that a human being can alter his life by altering
his attitudes of mind.



William James

Keep your face always toward the sunshi-
ne—and shadows will fall behind you.



Walt Whitman

You can't get much done in life if you only work on the days when you feel good.



Jerry West

If you can't change your fate, change your attitude.



Amy Tan

If I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.

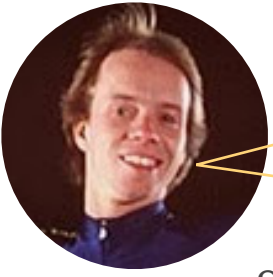


Mahatma Gandhi



The greatest day in your life and mine is when we take total responsibility for our attitudes. That's the day we truly grow up.

John C. Maxwell



The only disability in life is a bad attitude.

Scott Hamilton

Gratitude is one of the most medicinal emotions we can feel. It elevates our moods and fills us with joy.



Sara Avant Stover

There is a little difference in people, but that little difference makes a Big Difference. The little difference is attitude and the big difference is whether it is positive or negative.



W. Clement Stone



A positive attitude is not a destination. It's a way of life. Attitude is everything!

Naturalopist



Sometimes life can hit you in the head with a brick. Don't lose faith.

Steve Jobs

Be an encourager. The world has plenty of critics already.



Dave Willis



Some people will never like me. And I will never care.

Naturalopist

People who shine from within don't need a spotlight on them.



Zig Ziglar

Don't worry about hurting my feelings because I guarantee you not one bit of my self-esteem is tied up in your acceptance.



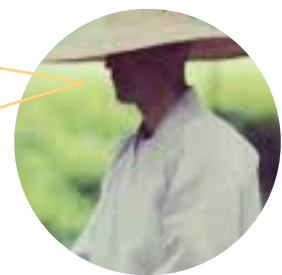
Dr. Phil



If you don't like something, create the alternative.

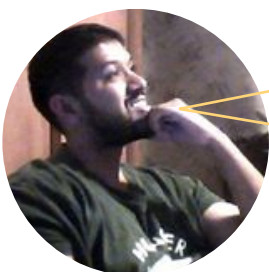
Naturalopist

A student asked Suzuki Roshi why the Japanese make their teacups so thin and delicate that they break easily. He answered, "It's not that they're too delicate, but that you don't know how to handle them. You must adjust yourself to the environment, and not vice versa."

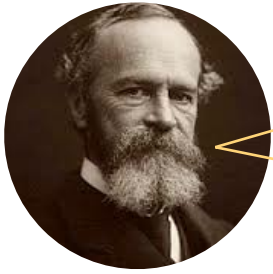


Zen Buddhism

Mustafa Alam



No matter what, there will always be somebody who will try their hardest to take all that happiness that shines in and out of you; people will hate you even for being good. Keep on shining, because you're doing something right to have haters.



Whenever you're in conflict with someone, there is one factor that can make the difference between damaging your relationship and deepening it. That factor is attitude.

William James

Steve Jobs was born out of wedlock, put up for adoption at birth, dropped out of college, sold his vehicle to start Apple, got ousted from the company he founded, then changed the world. What's your excuse?



Naturalopist



And we have complete control over our own attitude. We are the ones we decide how we feel, how we look at things, how we react.

Catherine Pulsifer

The problem is not the problem. The problem is your attitude about the problem. Do you understand?



Johnny Depp, *Pirates of the Caribbean*



Any fool can criticize, condemn, and complain—and most fools do.

Dale Carnegie

No one is ready for a thing until he believes he can acquire it.



Napoleon Hill

It's not about a trophy, a placing or a prize. It's about setting goals and surpassing them. It's about discipline, dedication, willpower, reaching deep down and finding inner strength that you didn't even know you had. It's about structure and putting in the work and following the plan. It's science and I'm a living experiment. It's about being better than my former "best" and proving to myself that I can achieve this. That's why I do it and that's what it's all about.

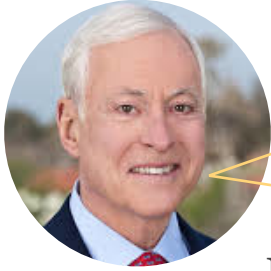


Naturalopist

Promote what you love instead of bashing what you hate.



Naturalopist



Your attitude is an expression of your values, beliefs, and expectations.

Brian Tracy



You were born to win, but to be a winner, you must plan to win, prepare to win, and expect to win.

Zig Ziglar



Two things define you: Your patience when you have nothing, and your attitude when you have everything.

Naturalopist

Whatever life gives you, even if it hurts, just be strong and act like you're okay. Strong walls shake, but never collapse.



Motherly Advice



When everything seems to be going against you, remember that the airplane takes off against the wind, not with it.

Henry Ford

The person who sends out positive thoughts activates the world around him positively and draws back to himself positive results.



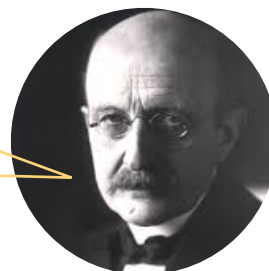
Norman Vincent Peale

Paralysis by analysis. Thinking is good. Over-thinking can end things before they ever get the chance to develop.



Naturalopist

When you change the way you look at things, the things you look at change.



Max Planck



Naturalopist

We are the product of our attitude and choices, not of our circumstance.

You become what you believe.



Oprah Winfrey



Vince Lombardi

If you aren't fired with enthusiasm, you will be fired with enthusiasm.

The will to win, the desire to succeed, and the urge to reach your full potential; these are the keys that will unlock the door to personal excellence.



Confucius



The question isn't who is going to let me;
it's who is going to stop me.

Ayn Rand

I'm sorry if you don't like my honesty.
But to be fair I don't like your lies.

Naturalopist



Adopting the right attitude can convert a negative stress into a positive one.

Hans Selye

A positive attitude may not solve all your
problems, but it will annoy enough people to
make it worth the effort.

Herm Albright

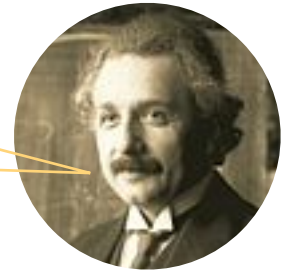




Naturalopist

A positive attitude makes a productive minute, which makes a productive hour, which makes a productive day, which makes a productive week; then a productive month, year, and eventually a productive life. That positive attitude has to start now.

Weakness of attitude becomes weakness of character.



Albert Einstein



Theodore Roosevelt

Believe you can and you're halfway there.

The person who says it cannot be done should not interrupt the person who is doing it.



Chinese Proverb

Your living is determined not so much by what life brings to you as by the attitude you bring to life; not so much by what happens to you as by the way your mind looks at what happens.



Kahlil Gibran

Nothing is impossible, the word itself says, "I'm possible!"



Audrey Hepburn



Do you know what my secret is? You, see, I don't mind what happens.

Jiddu Krishnamurti



A bad attitude is like a flat tire. If you don't change it, you'll never go anywhere.

Naturalopist



You can do anything you put your mind to.

Benjamin Franklin

Attitudes are contagious. Are yours worth catching?



Dennis and Wendy Mannering

Life is like a roller coaster. It has its ups and downs.
But it's your choice to scream or enjoy the ride.

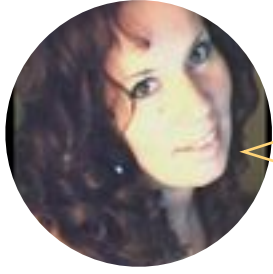


Naturalopist

It's not my fault, but it is my problem to solve.



Naturalopist



Two things define you: your attitude when you are at your worst and your attitude when you are at your best.

Comic Strip Mama

Our attitude toward life determines life's attitude towards us.



Earl Nightingale



Our attitudes control our lives. Attitudes are a secret power working twenty-four hours a day, for good or bad. It is of paramount importance that we know how to harness and control this great force.

Tom Blandi

Are you saying it can't be done, or you can't do it?



Trung Nguyen

Having a positive mental attitude is asking how something can be done rather than saying it can't be done.



Bo Bennett

Wherever you go, no matter what the weather, always bring your own sunshine.



Anthony J. D'Angelo

Life is a shipwreck but we must not forget to sing in the lifeboats.



Voltaire



If you don't think every day is a good day, just try missing one.

Cavett Robert



The only difference between a good day and a bad day is your attitude.

Dennis S. Brown



Some men have thousands of reasons why they cannot do what they want to, when all they need is one reason why they can.

Willis Whitney

Complaining about a problem without proposing a solution is called whining.



Theodore Roosevelt

When something goes wrong in your life, just yell, "PLOT TWIST!" And move on.



Naturalopist

The moment you change your perception, is the moment you rewrite the chemistry of your body.

Bruce Lipton



Attitude is a little thing that makes a big difference.

Winston Churchill



They can because they think they can.

Virgil



Your Attitude + Your Choices = Your Life

Naturalopist





The positive thinker sees the invisible, feels the intangible, and achieves the impossible.

Winston Churchill

Happiness is an attitude. We either make ourselves miserable, or happy and strong. The amount of work is the same.



Francesca Reigler

If a person has ugly thoughts, it begins to show on the face. And when that person has ugly thoughts every day, every week, every year, the face gets uglier and uglier until it gets so ugly you can hardly bear to look at it. A person who has good thoughts cannot ever be ugly. You can have a wonky nose and a crooked mouth and a double chin and stick-out teeth, but if you have good thoughts they will shine out of your face like sunbeams and you will always look lovely.



Roald Dahl

If you don't like something, change it; if you can't change it, change the way you think about it.



Mary Engelbreit

COLIN POWELL'S RULES

1. It isn't as bad as you think. It will look better in the morning.
2. Get mad, then get over it.
3. Avoid having your ego so close to your position that when your position falls, your ego goes with it.
4. It can be done!
5. Be careful what you choose. You may get it.
6. Don't let adverse facts stand in the way of a good decision.
7. You can't make someone else's choices. You shouldn't let someone else make yours.
8. Check small things.
9. Share credit.
10. Remain calm. Be kind.
11. Have a vision. Be demanding.
12. Don't take counsel of your fears or naysayers.
13. Perpetual optimism is a force multiplier.



Colin Powell

PESSIMISM

pessimism

expectation of the worst, cynicism, unhappiness, gloomy worldview

1. A general belief that bad things will happen.
2. A habit of stressing only negative and unfavorable outcomes.

A pessimist is a miserable person who projects their misery unto others. A pessimist projects their misery by way of cutting sarcasm, pessimism, and expert-friendly advice veiled as “everything will fail”, “it’s not worth it”, “don’t even try”, “it’s been done before”, and “you can’t do it” worst case scenarios. Lurking behind that pessimism are insecurity and jealousy—a pessimist is usually a person who has already failed and secretly wants others to fail.

The best way to respond to a pessimist (or hater) is silence. Silence is the best option not because we are scared of the pessimist, or afraid of being politically incorrect; we remain silent toward them because they’re not worth our time. A positive person has about 5-10 things on their to-do list that are far more important than responding to a pessimist.

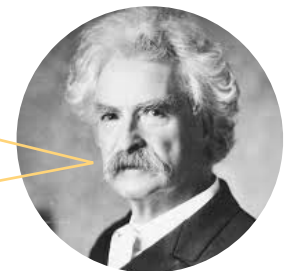
Pessimists are toxic people, therefore they’re to be avoided like the plague if we want to be productive.



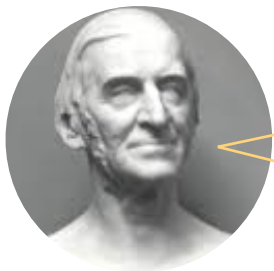
When people undermine your dreams, predict your doom or criticize you, remember they're telling you their story, not yours.

Cynthia Ocelli

Keep away from people who try to belittle your ambitions. Small people always do that, but the really great make you feel that you, too, can become great.



Mark Twain



Your own mind is a sacred enclosure into which nothing harmful can enter except by your permission.

Ralph Waldo Emerson

Don't worry about those who talk behind your back, they're behind you for a reason.



Naturalopist

A successful person is one who can lay a firm foundation with the bricks that others throw at them.

David Brinkley



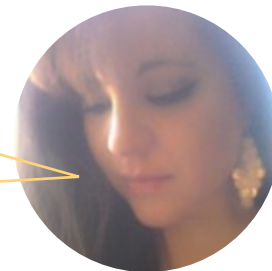
Complaining is another way of saying to others, "You solve the problem."

Tsem Tulku Rinpoche



Don't concern yourself with the opinions of those who judge you. That is placing on them an importance they do not have.

Donna Lynn Hope



If you don't like me, remember it's mind over matter: I don't mind and you don't matter.

Naturalopist

All things are difficult before they are easy.



Thomas Fuller

Don't feed the haters and trolls! Silence is the best response to stupidity and ignorance.



Naturalopist

Some people will throw stones in your path. You can make a wall or bridge from them. Remember, you are the architect of your life.



Naturalopist



Any fool can criticize, condemn and complain—and most fools do.

Benjamin Franklin

Little minds have little worries,
big minds have no time for worries.



Ralph Waldo Emerson

To belittle, you have to be little.



Kahlil Gibran

Don't ever let pessimists, troublemakers, haters,
and toxic people rent space in your head. Raise the
rent and kick them out. Avoid them like the plague
and kick them out of your life, too!



Naturalopist



Silence is the best response to a fool.

Naturalopist



The battles that count aren't the ones for gold medals. The struggles within yourself—the invisible battles inside all of us—that's where it's at.

Jesse Owens

When others put you down for who you are or what you're doing, it just means that you're going in the right direction.



Tsem Tulku Rinpoche



I've had a lot of worries in my life, most of which never happened.

Mark Twain



The less you respond to negative people, the more peaceful your life will be.

Motherly Advice

There is only one way to avoid criticism: do nothing, say nothing, and be nothing.



Aristotle



Scorn not the weak cub, for he may become a powerful tiger.

Genghis Khan

“I’m bored” is a useless thing to say. I mean, you live in a great, big, vast world that you’ve seen none percent of. Even the inside of your own mind is endless; it goes on forever, inwardly, do you understand? The fact that you’re alive is amazing, so you don’t get to say, “I’m bored.”



Louis C.K.



The jealous are troublesome to others, but torment to themselves.

William Penn



No one can make you feel inferior without your consent.

Eleanor Roosevelt

There is a huge amount of freedom that comes to you when you take nothing personally.



Don Miguel Ruiz



The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore.

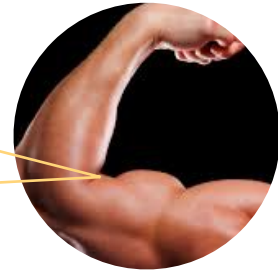
C. JoyBell C.



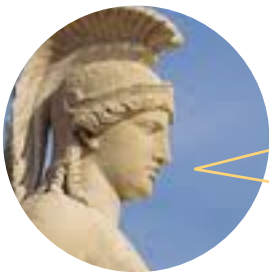
Don't worry about the haters. They are just angry because the truth you speak contradicts the lie they live.

Steve Maraboli

There will be haters, doubters, non-believers, and then there will be you proving them wrong.



Naturalopist



Haters and bullies are always cowards, you know. They like to pick on little guys.

Scylar Tyberius

Whoever is trying to bring you down is already below you.



Naturalopist

Avoid negative people, for they are the destroyers of self-confidence and self-esteem. Surround yourself with people who bring out the best in you.



Naturalopist

Begin each day by telling yourself: Today I shall be meeting with interference, ingratitude, insolence, disloyalty, ill-will, and selfishness—all of them due to the offender's ignorance of what is good and evil. That people of a certain type should behave as they do is inevitable. To wish it otherwise were to wish the fig tree would not yield its juice.



Marcus Aurelius

I don't care what you think about me.
I don't think about you at all.



Coco Chanel



By the way, what have you done that's so great? Do you just criticize the work of others and belittle their motivation?

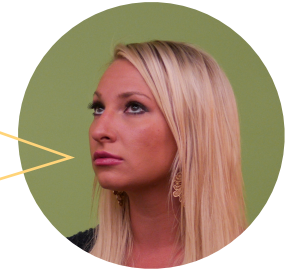
Steve Jobs

Everyone faces defeat. It may be a stepping-stone or a stumbling block, depending on the mental attitude with which it is faced.



Napoleon Hill

Should you ever find yourself the victim of other people's bitterness, smallness, pettiness, or insecurities, remember things could be worse: You could be them.



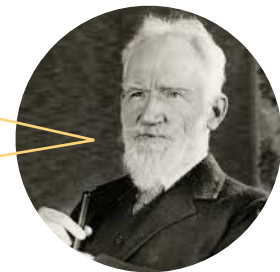
Naturalopist



Dale Carnegie

Feeling sorry for yourself, and your present condition, is not only a waste of energy but the worst habit you could possibly have.

This is the true joy in life, the being used for a purpose recognized by yourself as a mighty one; the being thoroughly worn out before you are thrown on the scrap heap; the being a force of Nature instead of a feverish selfish little clod of ailments and grievances complaining that the world will not devote itself to making you happy.



George Bernard Shaw



Blair Waldorf

Destiny is for losers. It's just a stupid excuse to wait for things to happen instead of making them happen.



Helen Keller

No pessimist ever discovered the secrets of the stars.



Katrina Mayer

Go 24 hours without complaining, not even once.
Then watch how your life starts changing.

If anyone tells you that a certain person speaks ill of you, do not make excuses about what is said of you but answer, "He was ignorant of my other faults, else he would not have mentioned these alone."



Epictetus

In order for you to insult me, I would first have to value your opinion.



Naturalopist

People are gonna laugh at you—let them laugh!
The best revenge is massive success.

Frank Sinatra



Haters don't really hate you, they hate themselves;
because you're a reflection of what they wish to be.

Yaira N



If someone has something bad to say about
you, it's probably because they have nothing good
to say about themselves.

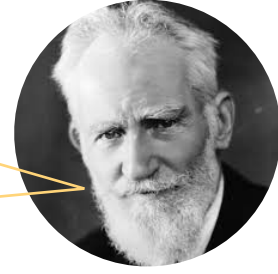
Naturalopist

When a person tells you something can't be done or
you can't do something, what they're saying is that
they've already failed or they can't do it. They're try-
ing to discourage you.



Trung Nguyen

People who say it cannot be done should not interrupt those who are doing it.



George Bernard Shaw

The dogs bark and the caravan moves on.



Arab Proverb



Naturalist

The people who talk behind your back are behind you for a reason.



Zig Ziglar

Don't be distracted by criticism. Remember the only taste of success some people have is when they take a bite out of You.

THE DONKEY

One day a farmer's donkey fell down into a well. The animal cried piteously for hours as the farmer tried to figure out what to do. Finally, he decided the animal was old, and the well needed to be covered up anyway; it just wasn't worth it to retrieve the donkey.

He invited all his neighbors to come over and help him. They all grabbed a shovel and began to shovel dirt into the well. At first, the donkey realized what was happening and cried horribly. Then, to everyone's amazement he quieted down.

A few shovel loads later, the farmer finally looked down the well. He was astonished at what he saw. With each shovel of dirt that hit his back, the donkey was doing something amazing. He would shake it off and take a step up.

As the farmer's neighbors continued to shovel dirt on top of the animal, he would shake it off and take a step up. Pretty soon, everyone was amazed as the donkey stepped up over the edge of the well and happily trotted off!

Moral of the Story

Life is going to shovel dirt on you, all kinds of dirt. The trick to getting out of the well is to shake it off and take a step up. Each of our troubles is a steppingstone. We can get out of the deepest wells just by not stopping, never giving up!

Shake it off and take a step up.



OPTIMISM

optimism

confidence, hopefulness, anticipation, positive outlook, cheery demeanor

1. A tendency to expect the best, or at least, a favourable outcome.
2. The belief that good will eventually triumph over evil.

An optimist blames no one and no thing for their position in life. An optimist dreams, plans, works hard, experiments, and takes corrective actions when necessary. Optimism does not mean waiting for good things to happen—that's wishful thinking or dreaming. Optimism is working hard toward a goal and expecting a favourable outcome. If the outcome is different than what we expected, then we change how we pursue that goal—we don't change the goal itself, just the methods.

Be an optimist, because 1) the world has more good people than it does bad, and 2) we attract what we continuously think about.

Think good things and do good things to attract good things.





Once you replace negative thoughts with positive ones, you'll start having positive results.

Willie Nelson

Few things in the world are more powerful than a positive push. A smile. A world of optimism and hope. A “you can do it” when things are tough.



Richard M. DeVos

If you have a positive attitude and constantly strive to give your best effort, eventually you will overcome your immediate problems and find you are ready for greater challenges.



Pat Riley



An attitude of positive expectation is the mark of the superior personality.

Brian Tracy

In order to carry a positive action we must develop here a positive vision.



Dalai Lama XIV

Positive minds live positive lives.

Positive mind.
Positive vibes.
Positive **life**.

Naturalopist



Kurt Vonnegut

Be soft. Do not let the world make you hard. Do not let pain make you hate. Do not let the bitterness steal your sweetness. Take pride that even though the rest of the world may disagree, you still believe it to be a beautiful place.

With everything that has happened to you, you can either feel sorry for yourself or treat what has happened as a gift. Everything is either an opportunity to grow or an obstacle to keep you from growing. You get to choose.



Wayne Dyer



You can't make positive choices for the rest of your life without an environment that makes those choices easy, natural, and enjoyable.

Deepak Chopra

We can complain because rose bushes have thorns, or rejoice because thorn bushes have roses.



Abraham Lincoln

Some see the glass half empty. Some see it half full. Others fill up the glass.



Naturalopist

Positive feelings come from being honest about yourself and accepting your personality, and physical characteristics, warts and all; and, from belonging to a family that accepts you without question.



Willard Scott

As long as you're making progress, congratulate yourself and yell, "Keep up the great work!"

Naturalopist

Keep Up
The
Good
Work



Don't let jealousy or insecurity speak because it makes you sound foolish. If you're jealous of someone else, work harder for yourself. But don't attack or critique someone just because you're unhappy with yourself.



Tony Gaskins

Be like a proton and stay positive.

Naturalopist



You can make excuses and regress, or you can work hard and make progress. It's your life. You always have the final choice.



Trung Nguyen

Thoughts Become Things.
Choose The Good Ones!



Mike Dooley



If opportunity doesn't knock, build a door.

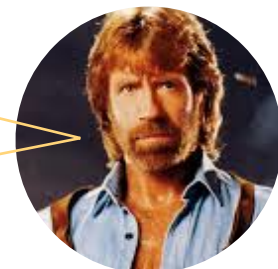
Milton Berle



A bird sitting on a tree is never afraid of the branch breaking because her trust is not on the branch, but on the strength of her wings. Always believe in yourself. As soon as you trust yourself, you will know how to live.

Johann Goethe

A lot of times people look at the negative side of what they feel they can't do. I always look on the positive side of what I can do.



Chuck Norris



Always turn a negative situation into a positive situation.

Michael Jordan

Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy.



Norman Vincent Peale

People deal too much with the negative, with what is wrong. Why not try and see positive things, to just touch those things and make them bloom?



Thich Nhat Hanh



I believe in karma, and I believe if you put out positive vibes to everybody, that's all you're going to get

Kesha

Life isn't about waiting for the storm to pass.
It's about learning to dance in the rain.



Vivian Greene

Obstacles are challenges for winners
and excuses for losers.

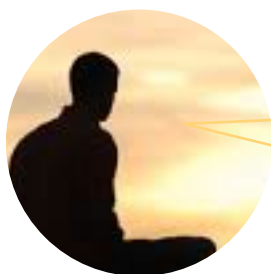


M.E. Kerr



Lucille Ball

One of the things I learned the hard way was that it doesn't
pay to get discouraged. Keeping busy and making optimism
a way of life can restore your faith in yourself.



Peaceful Warrior

Free yourself from negative people. Spend time with nice people who are smart, driven, and likeminded. Relationships should help you, not hurt you. Surround yourself with people who reflect the person you want to be. Choose friends who you are proud to know, people you admire, who love and respect you—people who make your day a little brighter simply by being in it. Life is too short to spend time with people who suck the happiness out of you. When you free yourself from negative people, you free yourself to be YOU—and being YOU is the only way to truly live.



Doe Zantamata

Thinking a positive person will never get angry, sad, upset, or overwhelmed is like thinking a doctor will never get sick or break a bone. Life happens and it's not always sunshine and good times. You are a positive person but everyone has their limits. It's okay to feel whatever you are feeling in the moment and not judge yourself because you didn't immediately see the bright side. Positive people allow themselves to be human.

Good people bring out the good in people.



Cory Booker



Steve Maraboli

How would your life be different if you stopped allowing other people to dilute or poison your day with their words or opinions? Let today be the day you stand strong in the truth of your beauty and journey through your day without attachment to the validation of others.



Charlie Day

You cannot let a fear of failure, or a fear of comparison, or a fear of judgment stop you from doing what's going to make you great. You cannot succeed without the risk of failure. You cannot have a voice without a risk of criticism. And you cannot love without the risk of loss. You must go out and take these risks. Everything I'm proud of in this life has been a terrifying prospect to me. None of it has been easy. Do what's scary, what's hard, what's uncomfortable, and what pays off in the long-run. Be ready to fail, let yourself fail. Fail in the way, in the place where you want to fail. Fail. Pick yourself up and fail again. Because without this struggle, what is your success anyway?

THE LITTLE ENGINE THAT COULD

In a certain railroad yard there stood an extremely heavy train that had to be drawn up an unusually heavy grade before it could reach its destination. The superintendent of the yard was not sure what it was best for him to do, so he went up to a large, strong engine and asked, "Can you pull that train over the hill?"

"It is a very heavy train," responded the engine.

He then went to another great engine and asked, "Can you pull that train over the hill?"



"It is a very heavy grade," the big engine replied.

The superintendent was much puzzled, but he turned to still another engine that was spick and span new, and he asked it, "Can you pull that train over the hill?"

"I think I can," responded the engine.

So the order was circulated, and the engine was started back so that it might be coupled with the train, and as it went along the rails it kept repeating to itself: "I think I can. I think I can. I think I can."

The coupling was made and the engine began its journey, and all along the level, as it rolled toward the ascent, it kept repeating to itself, "I...think...I can. I...think...I...can. I think I can!"

Then it reached the grade, but its voice could still be heard, "I think I can! I think I can! I think I can!"

Higher and higher it climbed, and its voice grew fainter and its words came slower, "I—think—I—can."

It was almost to the top.

“I—think...”

It was at the top.

"I—can!"

It reached the top by drawing on a positive attitude and bravery.

ENTHUSIASM

enthusiasm

energy, passion, zeal, conviction, fanaticism, vivacity, zest, intensity

1. An intense feeling, excitement, and eagerness for a cause or goal.
2. Great excitement for a cause or subject; inspired by a cause or goal.

Enthusiasm can be fleeting if a goal is uninspiring. If the goal is inspiring but we've lost enthusiasm, then enthusiasm must be forced in periods of apathy or doubt.

To be enthusiastic:

1. Visualize how it feels once the goal has been achieved.
2. Force yourself to act enthusiastically: smile, laugh, do head-shakes, do jumping jacks, shout, or anything to get the blood pumping.
3. Surround yourself with enthusiastic people.

Enduring enthusiasm is a daily habit.



You can do anything if you have enthusiasm.

Henry Ford



Experience shows that success is due less to ability than to zeal. The winner is he who gives himself to his work, body, and soul.

Charles Buxton



Flaming enthusiasm, backed up by horse sense and persistence, is the quality that most frequently makes for success.

Dale Carnegie



Every person is enthusiastic at times. One person has enthusiasm for 30 minutes; another person has it for 30 days, but it is the person who has it for 30 years who makes a success of life.

Edward Butler George

Don't ask what the world needs. Ask what makes you come alive, and go do it. Because what the world needs is people who have come alive.



Howard Thurman



Courage takes many forms. There is physical courage, there is moral courage. Then there is a still higher type of courage—the courage to brave pain, to live with it, to never let others know of it and to still find joy in life; to wake up in the morning with an enthusiasm for the day ahead.

Howard Cosell



Nothing great was ever achieved without enthusiasm.

Ralph Waldo Emerson

The most powerful factors in the world are clear ideas in the minds of energetic persons of good will.



J. Arthur Thomson



Enthusiasm: the sustaining power of all great action.

Samuel Smiles

Enthusiasm is one of the most powerful engines of success. When you do a thing, do it with all your might. Put your whole soul into it. Stamp it with your own personality. Be active, be energetic, be enthusiastic and faithful, and you will accomplish your object. Nothing great was ever achieved without enthusiasm.



Ralph Waldo Emerson

Apathy can only be overcome by enthusiasm, and enthusiasm can only be aroused by two things: First, an ideal which takes the imagination by storm, and second, a definite intelligible plan for carrying that ideal into practice.



Arnold Toynbee

Rich people are almost always excellent promoters. They can be willing to promote their products, their services, and their ideas with passion and enthusiasm.



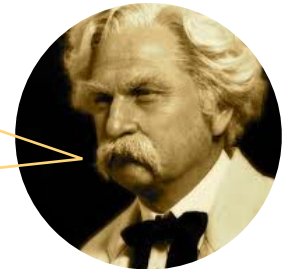
T. Harv Eker



Enthusiasm releases the drive to carry you over obstacles and adds significance to all you do.

Norman Vincent Peale

Let us endeavor so to live that when we come to die even the undertaker will be sorry.



Mark Twain

The key that unlocks energy is desire. It's also the key to a long and interesting life. If we expect to create any drive, any real force within ourselves, we have to get excited.



Earl Nightingale



The love of life is necessary to the vigorous prosecution of any undertaking.

Samuel Johnson

People rarely succeed unless they have fun in what they're doing.



Dale Carnegie

The world belongs to the energetic.



Ralph Waldo Emerson

I feel sorry for the person who can't get genuinely excited about his work. Not only will he never be satisfied, but he will never achieve anything worthwhile.



Walter Chrysler

The best way to cheer yourself up is to try to cheer somebody else up.



Mark Twain

Every great and commanding movement in the annals of the world is due to the triumph of enthusiasm.



Ralph Waldo Emerson

We act as though comfort and luxury were the chief requirements of life, when all that we need to make us really happy is something to be enthusiastic about.



Charles Kingsley

Every production of genius must be the production of enthusiasm.



Benjamin Disraeli



Ridicule has always been the enemy of enthusiasm, and the only worthy opponent to ridicule is success.

Oliver Goldsmith



Act enthusiastic and you will be enthusiastic.

Dale Carnegie



Enthusiasm is contagious. Be a carrier.

Susan Rabin



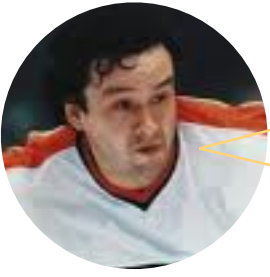
For every sale you miss because you're too enthusiastic, you will miss a hundred because you're not enthusiastic enough.

Zig Ziglar



Motivation will almost always beat mere talent.

Norman Augustine



Success is not the result of spontaneous combustion. You must set yourself on fire.

Reggie Leach



Chance can allow you to accomplish a goal every once in a while, but consistent achievement happens only if you love what you are doing.

Bart Conner

You have to work hard, and you have to enjoy what you're doing. If you don't enjoy it, no matter how hard you seem to work, you're not going to be working as hard as you can because you're not enjoying it.



John Wooden



Man is so made that whenever anything fires his soul, impossibilities vanish.

Jean de la Fontaine

Select your work carefully and if you don't love what you're doing enough to want to be the best at it, get out! Flee from the boring or unsatisfying job as you would from a burning building. Working at something you don't care about is the very best way to waste your life. Remember, this life is not a rehearsal for something else.

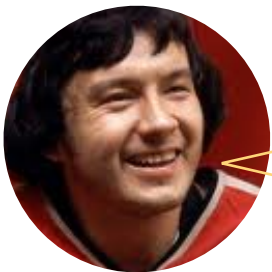


Brian Tracy

Being passionate about something is the key to success. But using that passion to help others is the key to happiness.



Arnold Schwarzenegger



Reggie Leach

The world belongs to the enthusiast who keeps cool.



Richard Feynman

If you have any talent, or any occupation that delights you, do it, and do it to the hilt. Don't ask why, or what difficulties you may get into.

ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

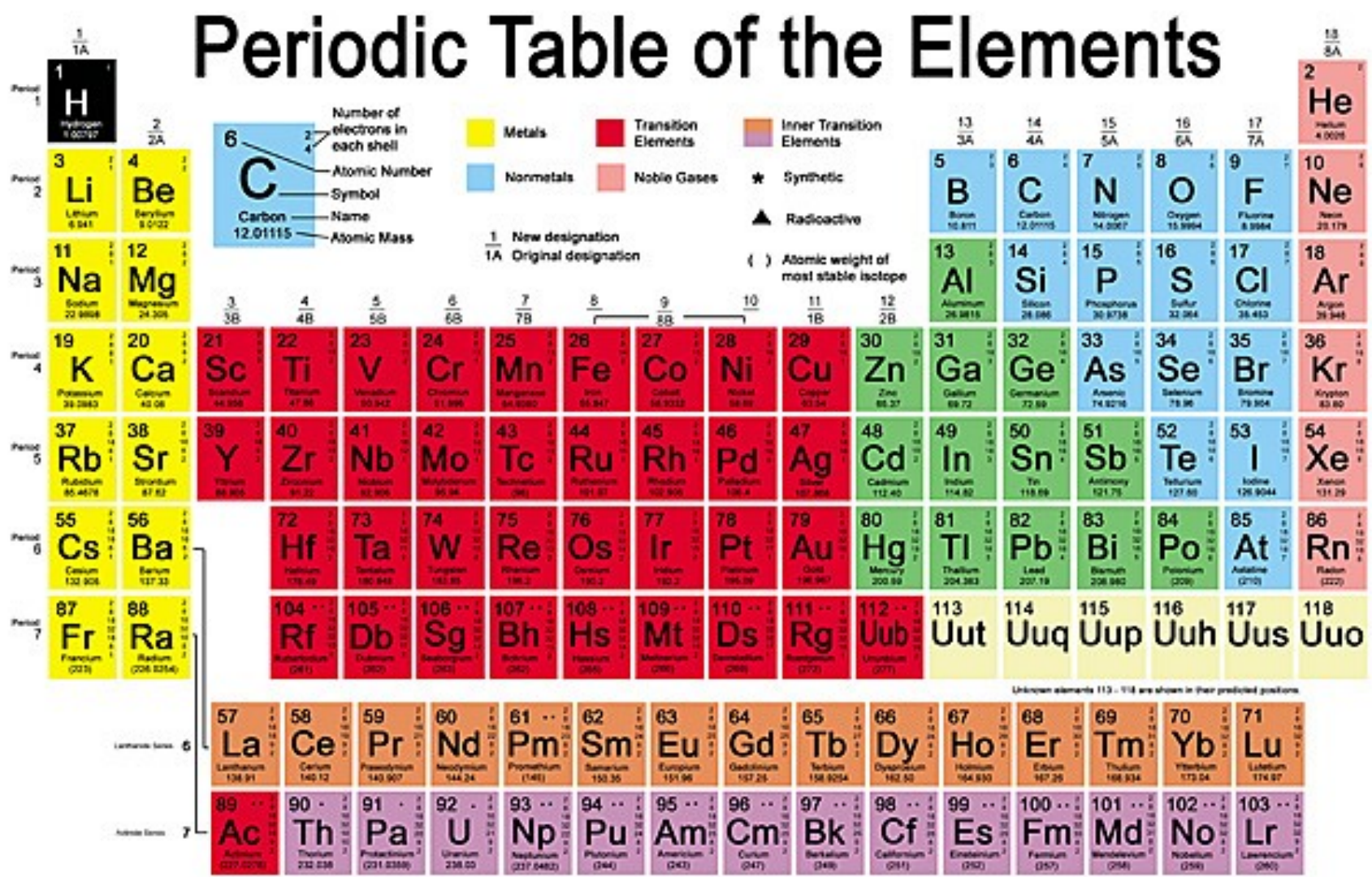
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

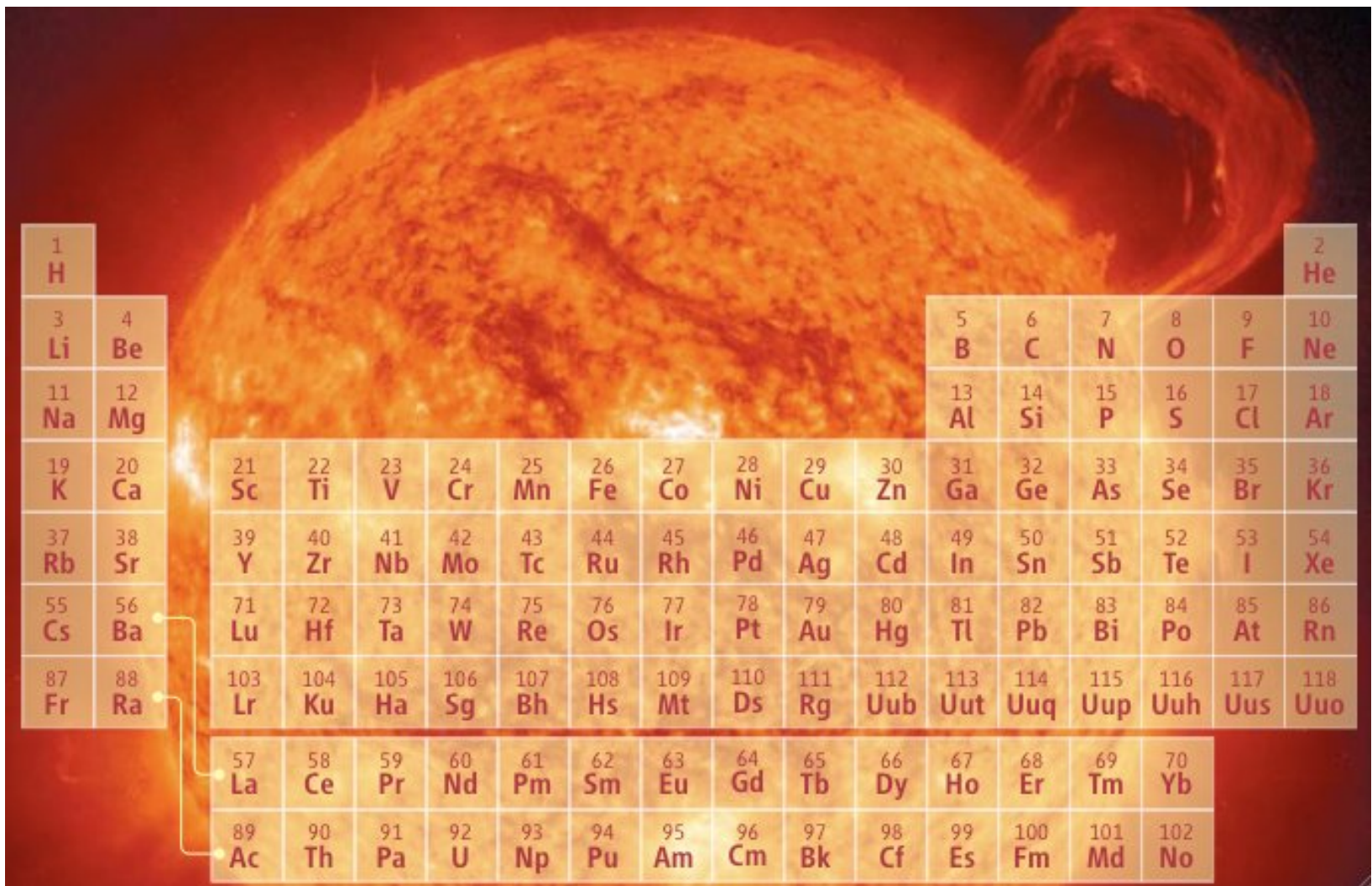
- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-



drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

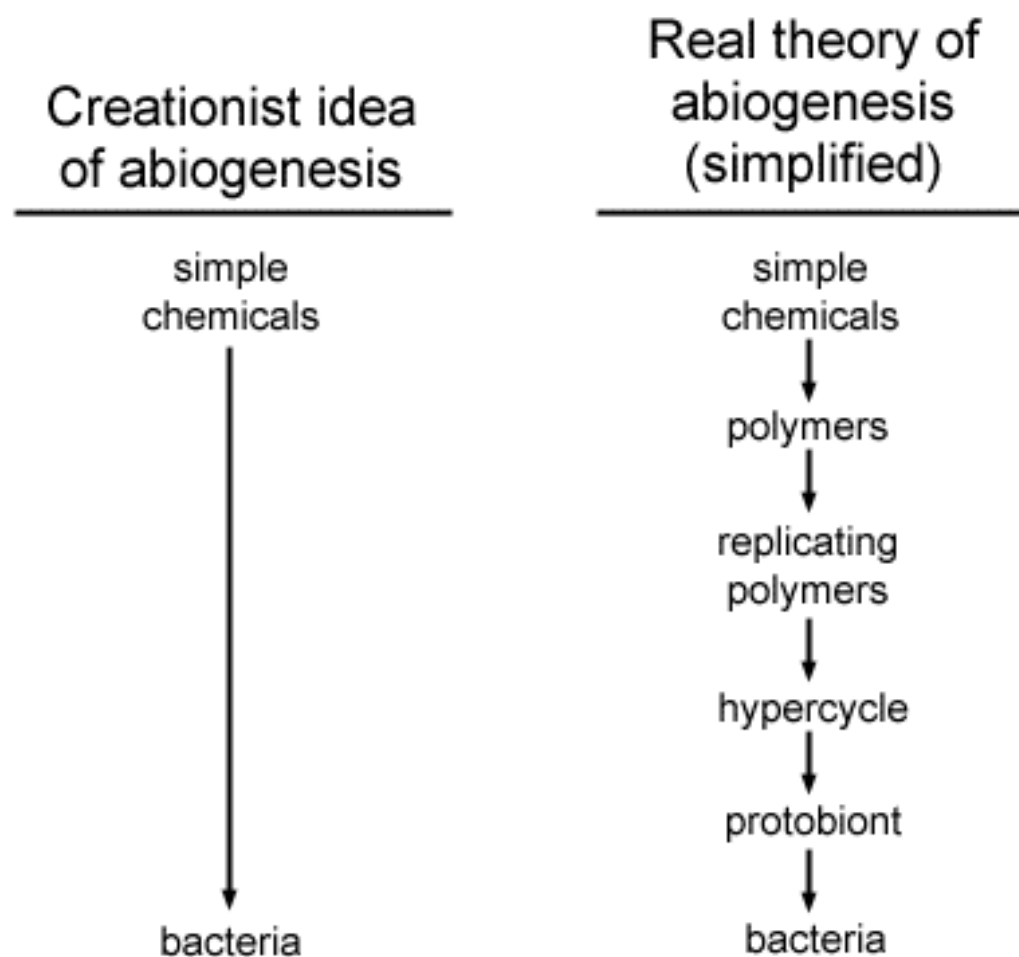


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H₂O), which is made of two elements: hydrogen (H) and oxygen (O).



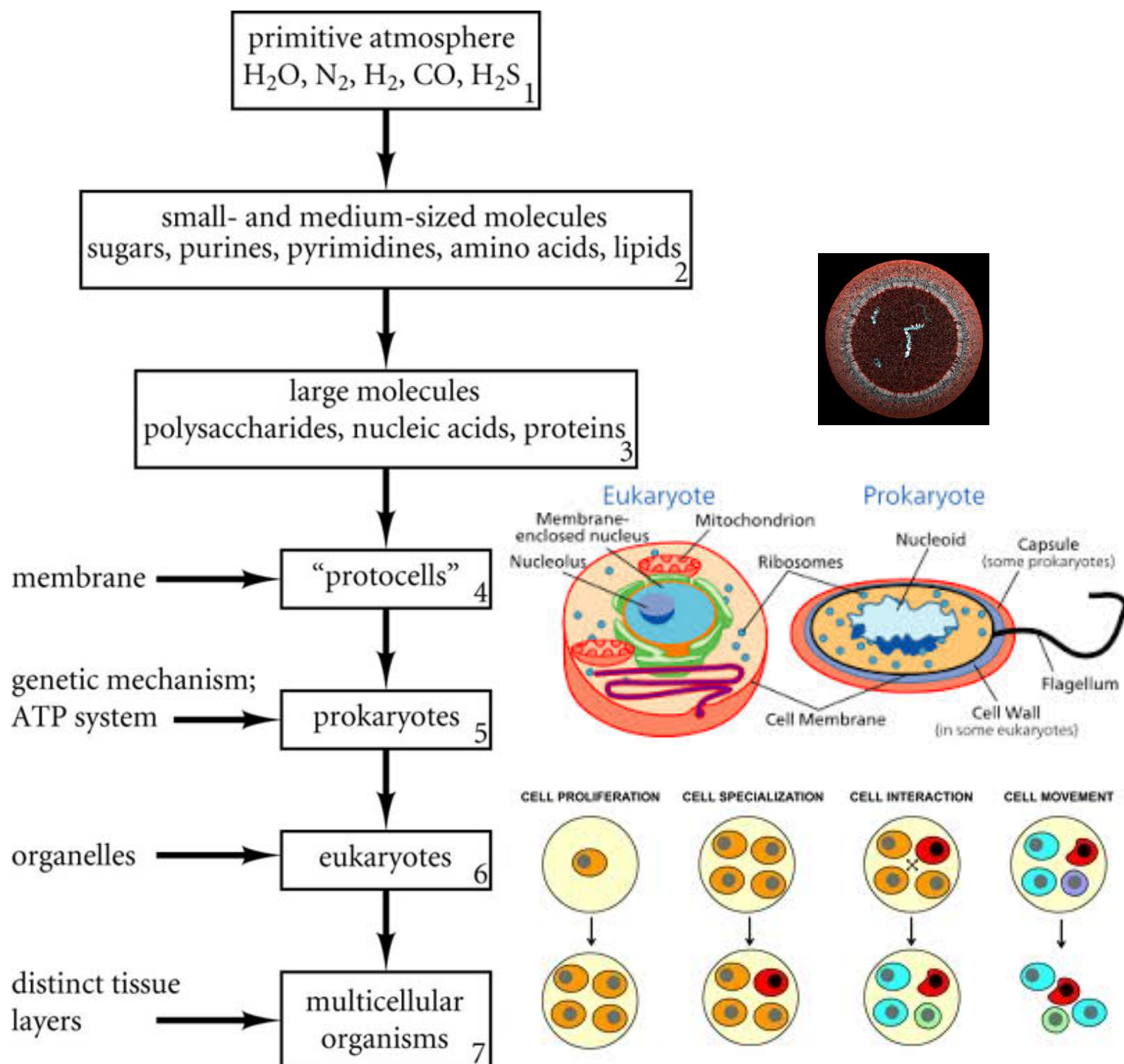
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

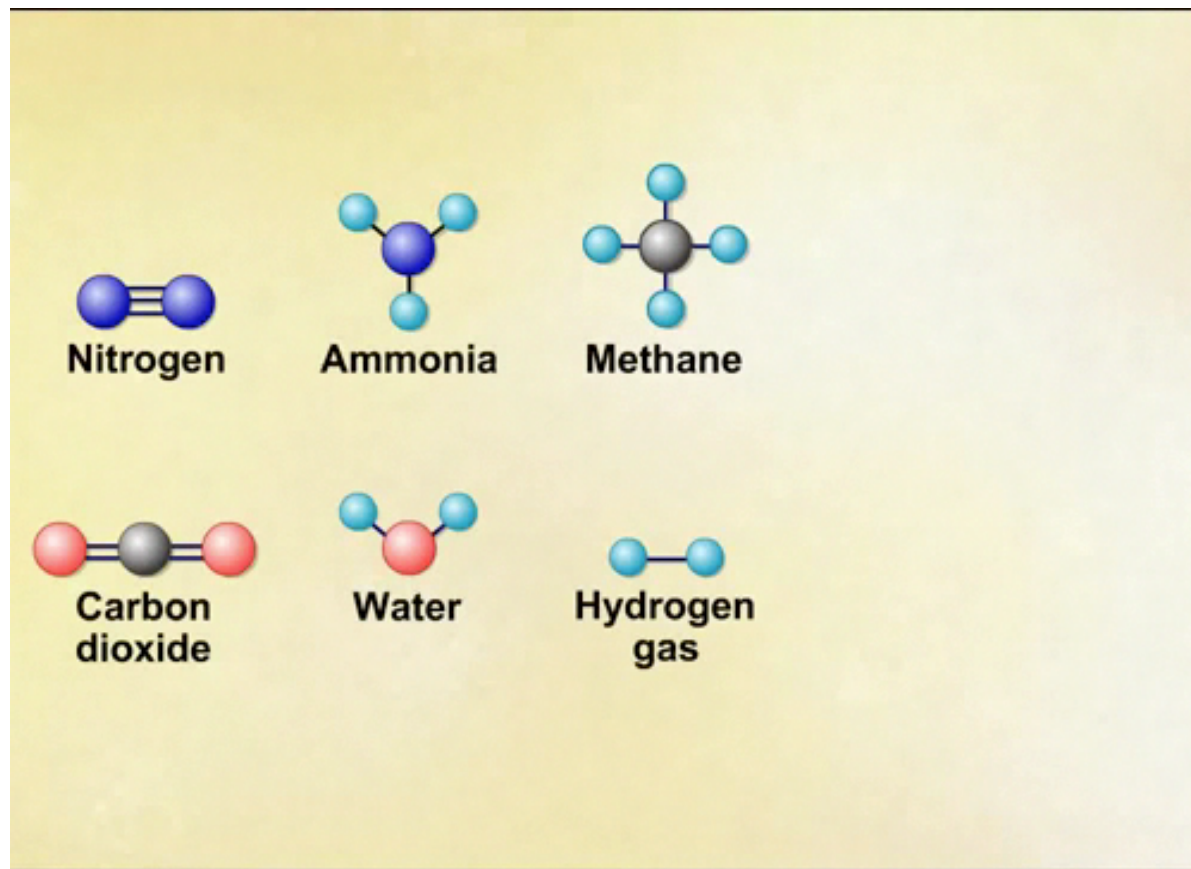
The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

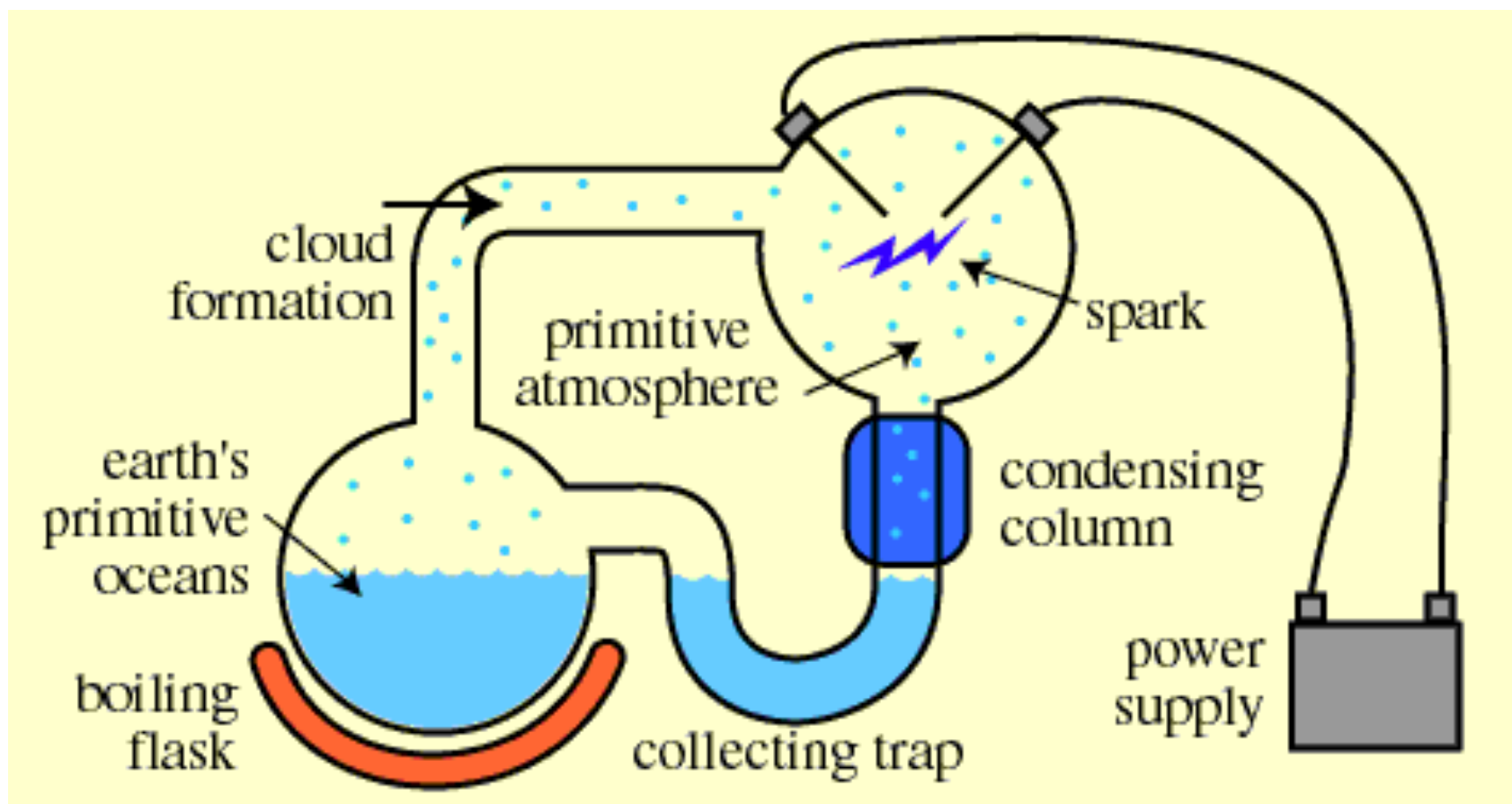
The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

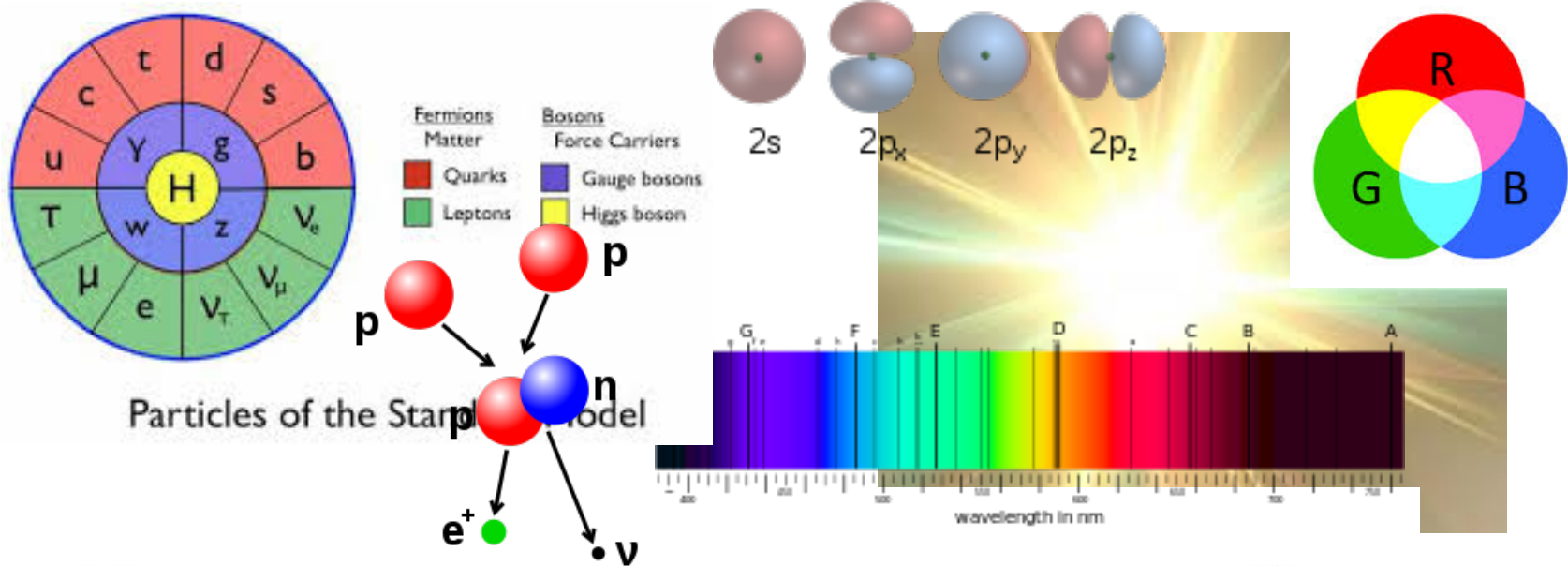
Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.







GROUP

1

1

H

hydrogen

[1.007 - 1.009]

2

3

Li

lithium

[6.938 - 6.997]

4

4

Be

beryllium

9.012

11

11

Na

sodium

22.99

12

12

Mg

magnesium

24.31

19

19

K

potassium

39.10

20

20

Ca

calcium

40.08

21

21

Sc

scandium

44.96

22

22

Ti

titanium

47.87

23

23

V

vanadium

50.94

24

24

Cr

chromium

52.00

25

25

Mn

manganese

54.94

26

26

Fe

iron

55.85

27

27

Co

cobalt

58.93

28

28

Ni

nickel

58.69

29

29

Cu

copper

63.55

30

30

Zn

zinc

65.38

37

37

Rb

rubidium

85.47

38

38

Sr

strontium

87.62

39

39

Y

yttrium

88.91

40

40

Zr

zirconium

91.22

41

41

Nb

niobium

92.91

42

42

Mo

molybdenum

95.94

43

43

Tc

technetium

(98)

44

44

Ru

ruthenium

101.1

45

45

Rh

rhodium

102.9

46

46

Pd

palladium

106.4

47

47

Ag

silver

107.9

48

48

Cd

cadmium

112.4

49

49

In

indium

114.8

50

50

Sn

tin

118.7

51

51

Sb

antimony

121.8

52

52

Te

tellurium

127.6

53

53

I

iodine

126.9

54

54

Xe

xenon

131.3

55

55

Cs

cesium

132.9

56

56

Ba

barium

137.3

57-71

57-71

lanthanoids

72

72

Hf

hafnium

178.5

73

73

Ta

tantalum

180.9

74

74

W

tungsten

183.8

75

75

Re

rhenium

186.2

76

76

Os

osmium

190.2

77

77

Ir

iridium

192.2

78

78

Pt

platinum

195.1

79

79

Au

gold

197.0

80

80

Hg

mercury

200.6

81

81

Tl

thallium

[204.3 - 204.4]

82

82

Pb

lead

207.2

83

83

Bi

bismuth

208.9

84

84

Po

polonium

(209)

85

85

At

astatine

(210)

86

86

Rn

radon

(222)

87

87

Fr

francium

(223)

88

88

Ra

radium

(226)

89-103

89-103

actinoids

104

104

Rf

rutherfordium

(261)

105

105

Db

dubnium

(262)

106

106

Sg

seaborgium

(266)

107

107

Bh

bohrium

(264)

108

108

Hs

hassium

(277)

109

109

Mt

meitnerium

(268)

110

110

Ds

darmstadtium

(271)

111

111

Rg

roentgenium

(272)

112

112

Cn

copernicium

(285)

113

113

Uut

ununtrium

(284)

114

114

Uuq

ununquadium

(289)

115

115

Uup

ununpentium

(288)

116

116

Uuh

ununhexium

(292)

117

117

Uus

ununseptium

(294)

118

118

Uuo

ununoctium

(294)

GROUP

18

2

He

helium

4.003

10

10

Ne

neon

20.18

18

18

Ar

argon

39.95

36

36

Kr

krypton

83.80

54

54

Xe

xenon

131.3

86

86

Rn

radon

(222)

GROUP

1

1

H

hydrogen

[1.007 - 1.009]

2

3

Li

lithium

[6.938 - 6.997]

4

4

Be

beryllium

9.012

11

11

Na

sodium

22.99

12

12

Mg

magnesium

24.31

19

19

K

potassium

39.10

20

20

Ca

calcium

40.08

21

21

Sc

scandium

44.96

22

22

Ti

titanium

47.87

23

23

V

vanadium

50.94

24

24

Cr

chromium

52.00

25

25

Mn

manganese

54.94

26

26

Fe

iron

55.85

27

27

Co

cobalt

58.93

28

28

Ni

nickel

58.69

29

29

Cu

copper

63.55

30

30

Zn

zinc

65.38

37

37

Rb

rubidium

85.47

38

38

Sr

strontium

87.62

39

39

Y

yttrium

88.91

40

40

Zr

zirconium

91.22

41

41

Nb

niobium

92.91

42

42

Mo

molybdenum

95.94

43

43

Tc

technetium

(98)

44

44

Ru

ruthenium

101.1

45

45

Rh

rhodium

102.9

46

46

Pd

palladium

106.4

47

47

Ag

silver

107.9

48

48

Cd

cadmium

112.4

49

49

In

indium

114.8

50

50

Sn

tin

118.7

51

51

Sb

antimony

121.8

52

52

Te

tellurium

127.6

53

53

I

iodine

126.9

54

54

Xe

xenon

131.3

55

55

Cs

cesium

132.9

56

56

Ba

barium

137.3

57-71

57-71

lanthanoids

72

72

Hf

hafnium

178.5

73

73

Ta

tantalum

180.9

74

74

W

tungsten

183.8

75

75

Re

rhenium

186.2

76

76

Os

osmium

190.2

77

77

Ir

iridium

192.2

78

78

Pt

platinum

195.1

79

79

Au

gold

197.0

80

80

Hg

mercury

200.6

81

81

Tl

thallium

[204.3 - 204.4]

82

82

Pb

lead

207.2

83

83

Bi

bismuth

208.9

84

84

Po

polonium

(209)

85

85

At

astatine

(210)

86

86

Rn

radon

(222)

87

87

Fr

francium

(223)

88

88

Ra

radium

(226)

89-103

89-103

actinoids

104

104

Rf

rutherfordium

(261)

105

105

Db

dubnium

(262)

106

106

Sg

seaborgium

(266)

107

107

Bh

bohrium

(264)

108

108

Hs

hassium

(277)

109

109

Mt

meitnerium

(268)

110

110

Ds

darmstadtium

(271)

111

111

Rg

roentgenium

(272)

112

112

Cn

copernicium

(285)

113

113

Uut

ununtrium

(284)

114

114

Uuq

ununquadium

(289)

115

115

Uup

ununpentium

(288)

116

116

Uuh

ununhexium

(292)

117

117

Uus

ununseptium

(294)

118

118

Uuo

ununoctium

(294)

GROUP

1

1

H

hydrogen

[1.007 - 1.009]

2

3

Li

lithium

[6.938 - 6.997]

4

4

Be

beryllium

9.012

11

11

Na

sodium

22.99

12

12

Mg

magnesium

24.31

19

19

K

potassium

39.10

20

20

Ca

calcium

40.08

21

21

Sc

scandium

44.96

22

22

Ti

titanium

47.87

23

23

V

vanadium

50.94

24

24

Cr

chromium

52.00

25

25

Mn

manganese

54.94

26

26

Fe

iron

55.85

27

27

Co

cobalt

58.93

28

28

Ni

nickel

58.69

29

29

Cu

copper

63.55

30

30

Zn

zinc

65.38

37

37

Rb

rubidium

85.47

38

38

Sr

strontium

87.62

39

39

Y

yttrium

88.91

40

40

Zr

zirconium

91.22

41

41

Nb

niobium

92.91

42

42

Mo

molybdenum

95.94

43

43

Tc

technetium

(98)

44

44

Ru

ruthenium

101.1

45

45

Rh

rhodium

102.9

46

46

Pd

palladium

106.4

47

47

Ag

silver

107.9

48

48

Cd

cadmium

112.4

49

49

In

indium

114.8

50

50

Sn

tin

118.7

51

51

Sb

antimony

121.8

52

52

Te

tellurium

127.6

53

53

I

iodine

126.9

54

54

Xe

xenon

131.3

55

55

Cs

cesium

132.9

56

56

Ba

barium

137.3

57-71

57-71

lanthanoids

72

72

Hf

hafnium

178.5

73

73

Ta

tantalum

180.9

74

74

W

tungsten

183.8

75

75

Re

rhenium

186.2

76

76

Os

osmium

190.2

77

77

Ir

iridium

192.2

78

78

Pt

platinum

195.1

79

79

Au

gold

197.0

80

80

Hg

mercury

200.6

81

81

Tl

thallium

[204.3 - 204.4]

82

82

Pb

lead

207.2

83

83

Bi

bismuth

208.9

84

84

Po

polonium

(209)

85

85

At

astatine

(210)

86

86

Rn

radon

(222)

87

87

Fr

francium

(223)

88

88

Ra

radium

(226)

89-103

89-103

actinoids

104

104

Rf

rutherfordium

(261)

105

105

Db

dubnium

(262)

106

106

Sg

seaborgium

(266)

107

107

Bh

bohrium

(264)

108

108

Hs

hassium

(277)

109

109

Mt

meitnerium

(268)

110

110

Ds

darmstadtium

(271)

111

111

Rg

roentgenium

(272)

112

112

Cn

copernicium

(285)

113

113

Uut

ununtrium

(284)

114

114

Uuq

ununquadium

(289)

115

115

Uup

ununpentium

(288)

116

116

Uuh

ununhexium

(292)

117

117

Uus

ununseptium

(294)

118

118

Uuo

ununoctium

(294)

GROUP

1

1

H

hydrogen

[1.007 - 1.009]

2

3

Li

lithium

[6.938 - 6.997]

4

4

Be

beryllium

9.012

11

11

Na

sodium

22.99

12

12

Mg

magnesium

24.31

19

19

K

potassium

39.10

20

20

Ca

calcium

40.08

21

21

Sc

scandium

44.96

22

22

Ti

titanium

47.87

23

23

V

vanadium

50.94

24

24

Cr

chromium

52.00

25

25

Mn

manganese

54.94

26

26

Fe

iron

55.85

27

27

Co

cobalt

58.93

28

28

Ni

nickel

58.69

29

29

Cu

copper

63.55

30

30

Zn

zinc

65.38

37

37

Rb

rubidium

85.47

38

38

Sr

strontium

87.62

39

39

Y

yttrium

88.91

40

40

Zr

zirconium

91.22

41

41

Nb

niobium

92.91

42

42

Mo

molybdenum

95.94

43

43

Tc

technetium

(98)

44

44

Ru

ruthenium

101.1

45

45

Rh

rhodium

102.9

46

46

Pd

palladium

106.4

47

47

Ag

silver

107.9

48

48

Cd

cadmium

112.4

49

49

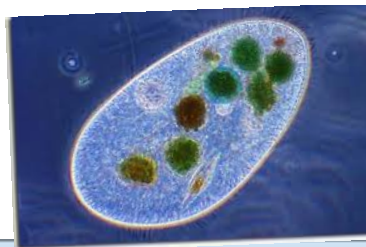
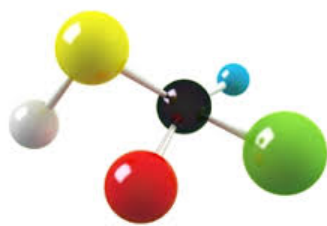
In

ind

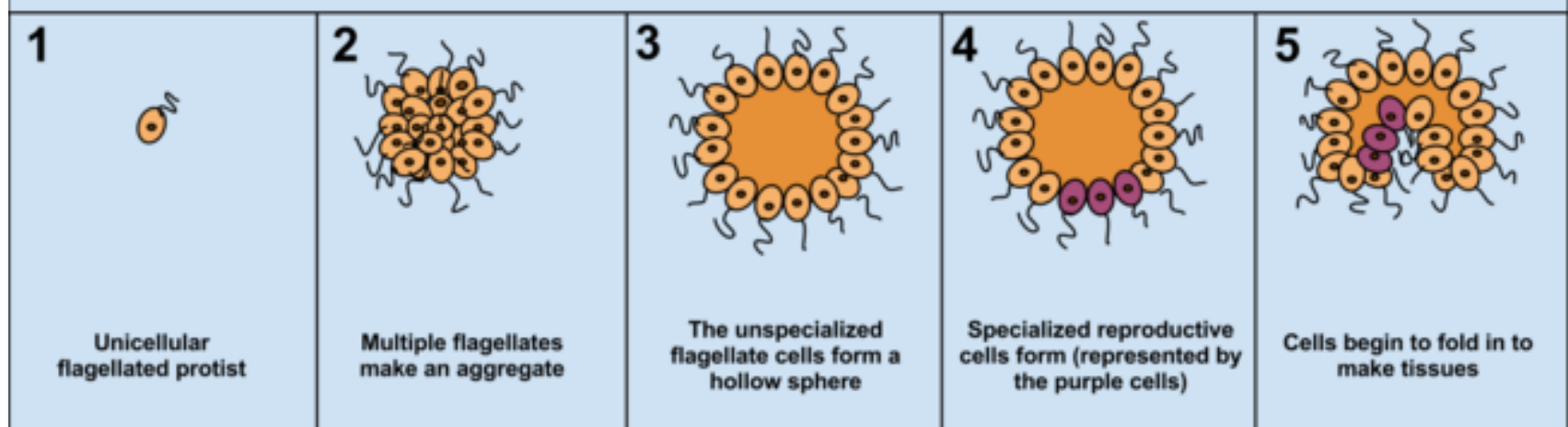
Natural Occurrence

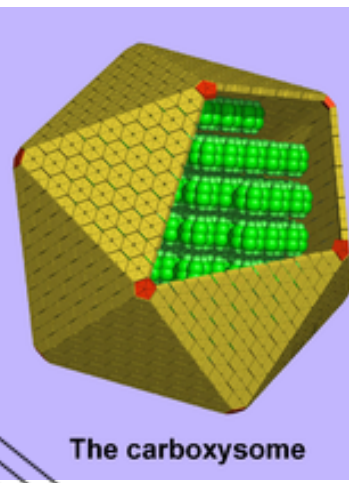
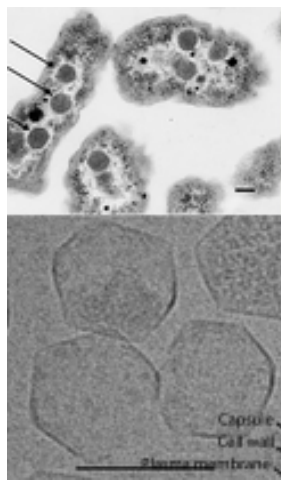
57	58	59	60	61	62	63	64	65	66	67	68	69	70	71
La lanthanum 138.9	Ce cerium 140.1	Pr praseodymium 140.9	Nd neodymium 144.2	Pm promethium (145)	Sm samarium 150.4	Eu europium 151.9	Gd gadolinium 157.3	Tb terbium 158.9	Dy dysprosium 162.5	Ho holmium 164.9	Er erbium 167.3	Tm thulium 168.9	Yb ytterbium 173.1	Lu lutetium 175.0
89 Ac actinium (227)	90 Th thorium 232.0	91 Pa protactinium 231.0	92 U uranium 238.0	93 Np neptunium (237)	94 Pu plutonium (244)	95 Am americium (243)	96 Cm curium (247)	97 Bk berkelium (247)	98 Cf californium (251)	99 Es einsteinium (252)	100 Fm fermium (257)	101 Md mendelevium (258)	102 No nobelium (259)	103 Lr lawrencium (262)

Legend:
 [] primordial
 [] from decay
 [] synthetic



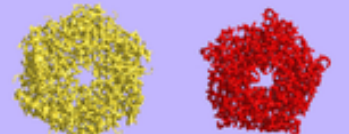
Colonial Flagellate Hypothesis



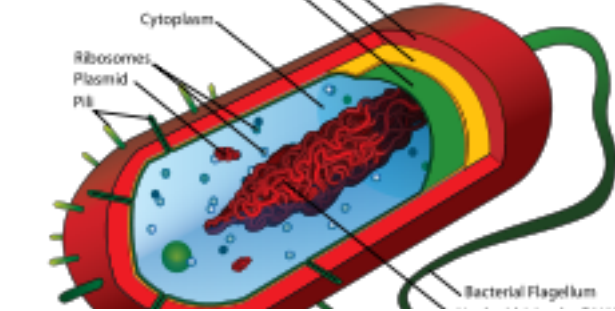


Enzymes and shell proteins

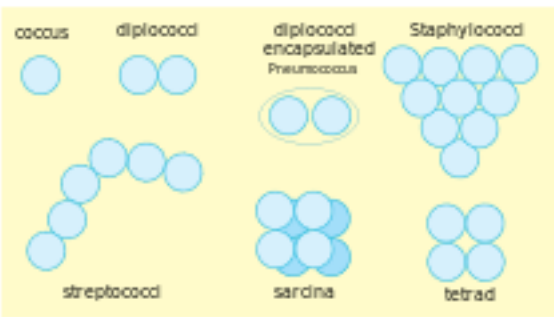
RuBisCO



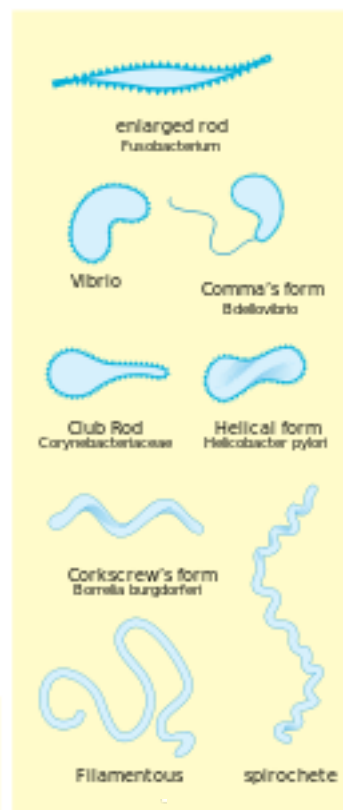
The carboxysome



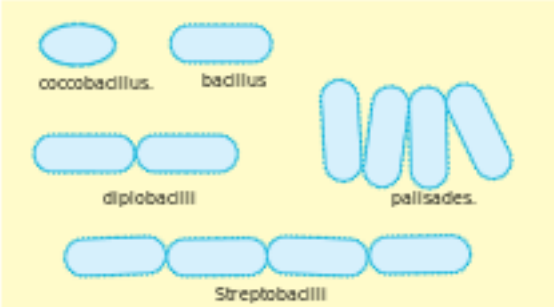
Cocci



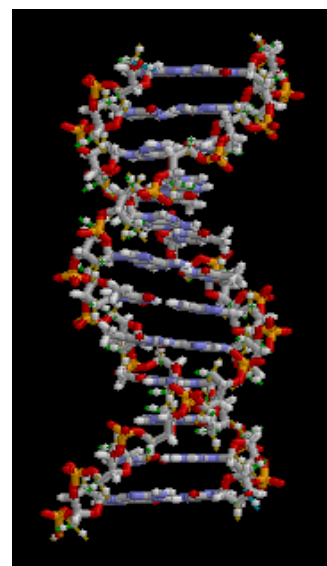
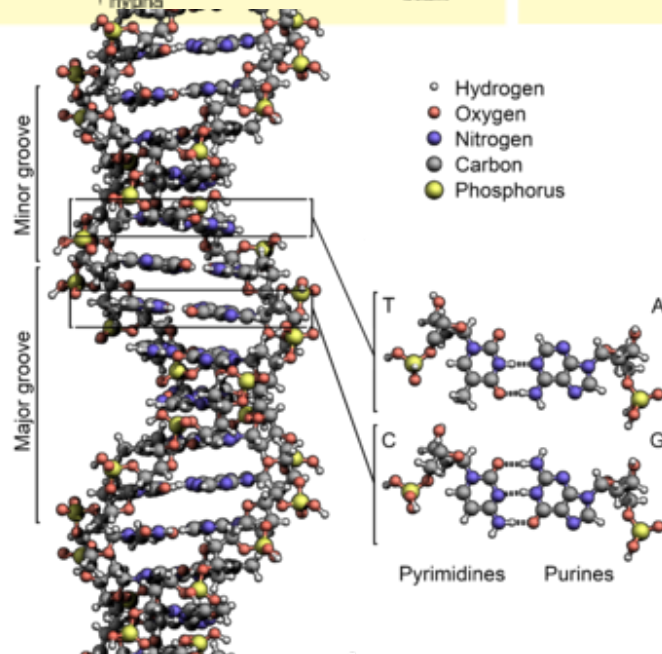
Others



Bacilli



Budding and appendaged bacteria





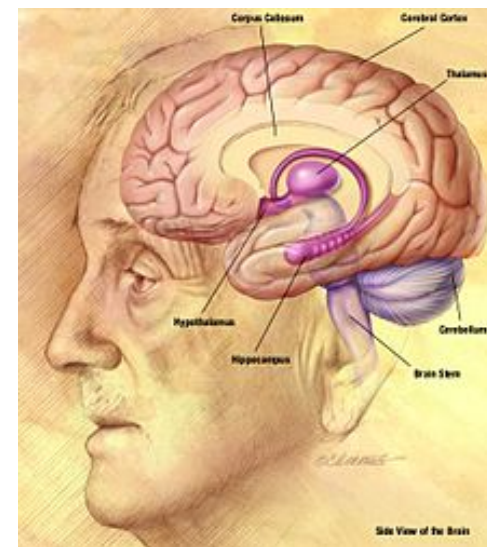
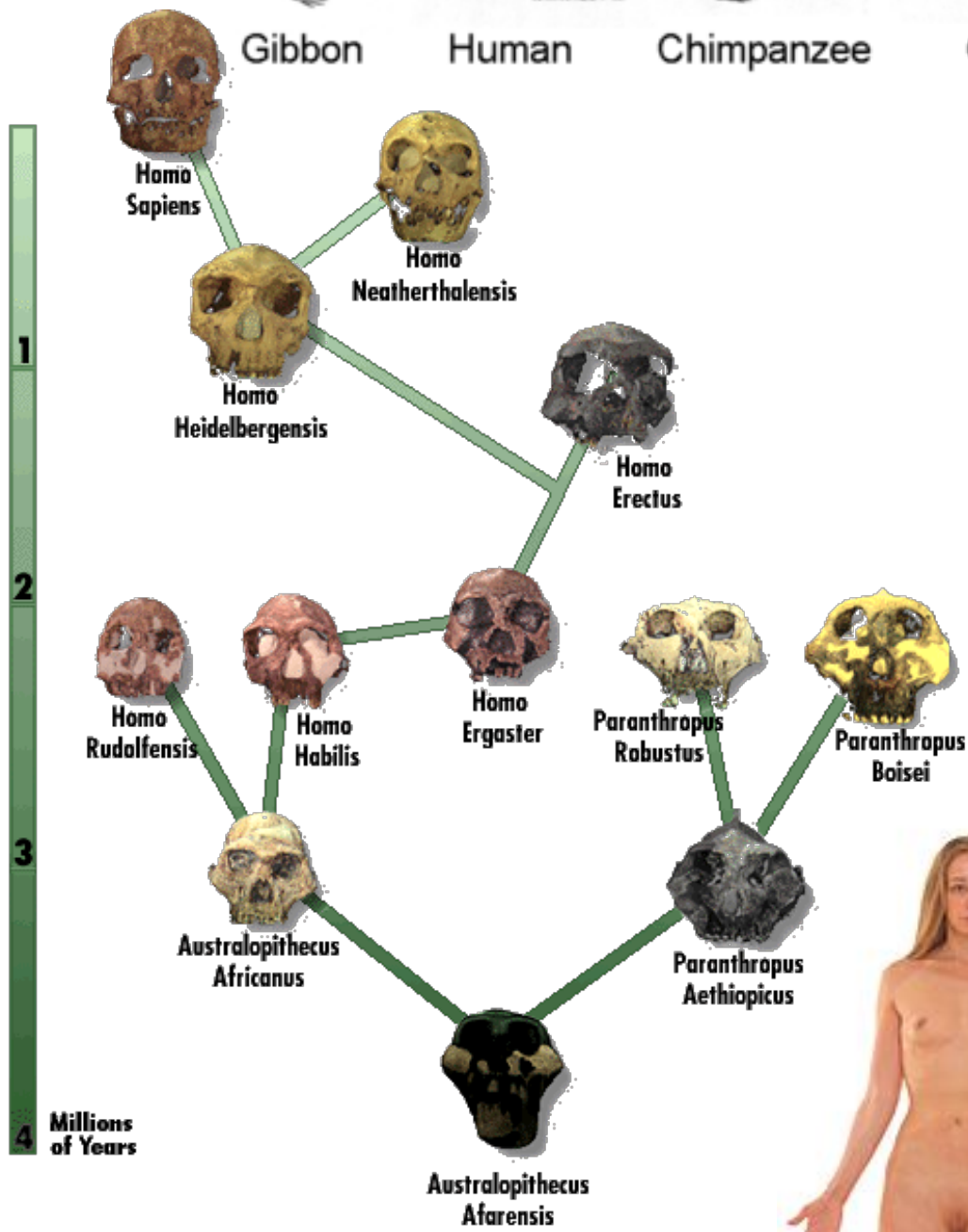
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

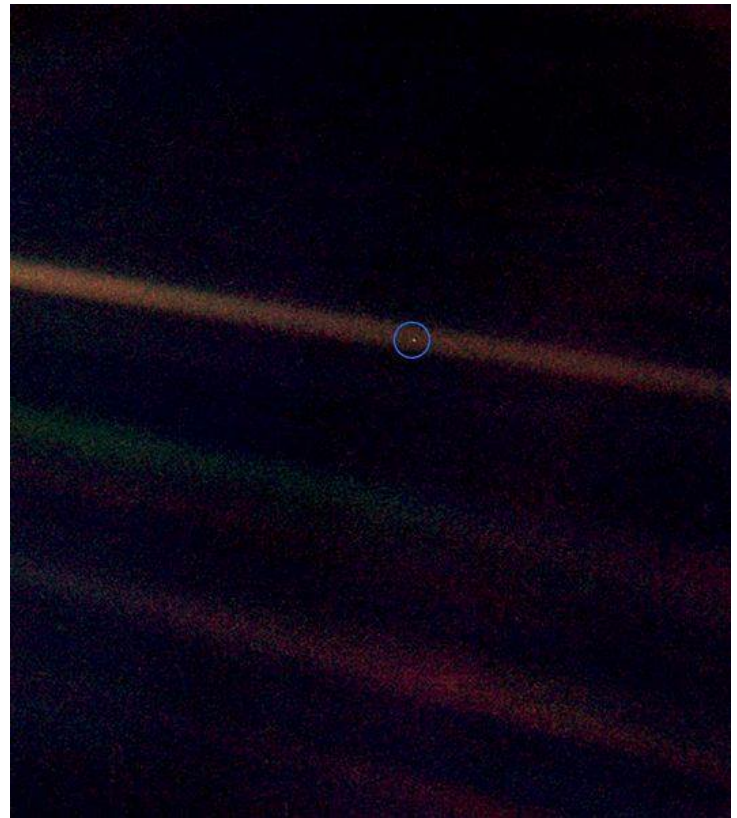
That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah, but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttury at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

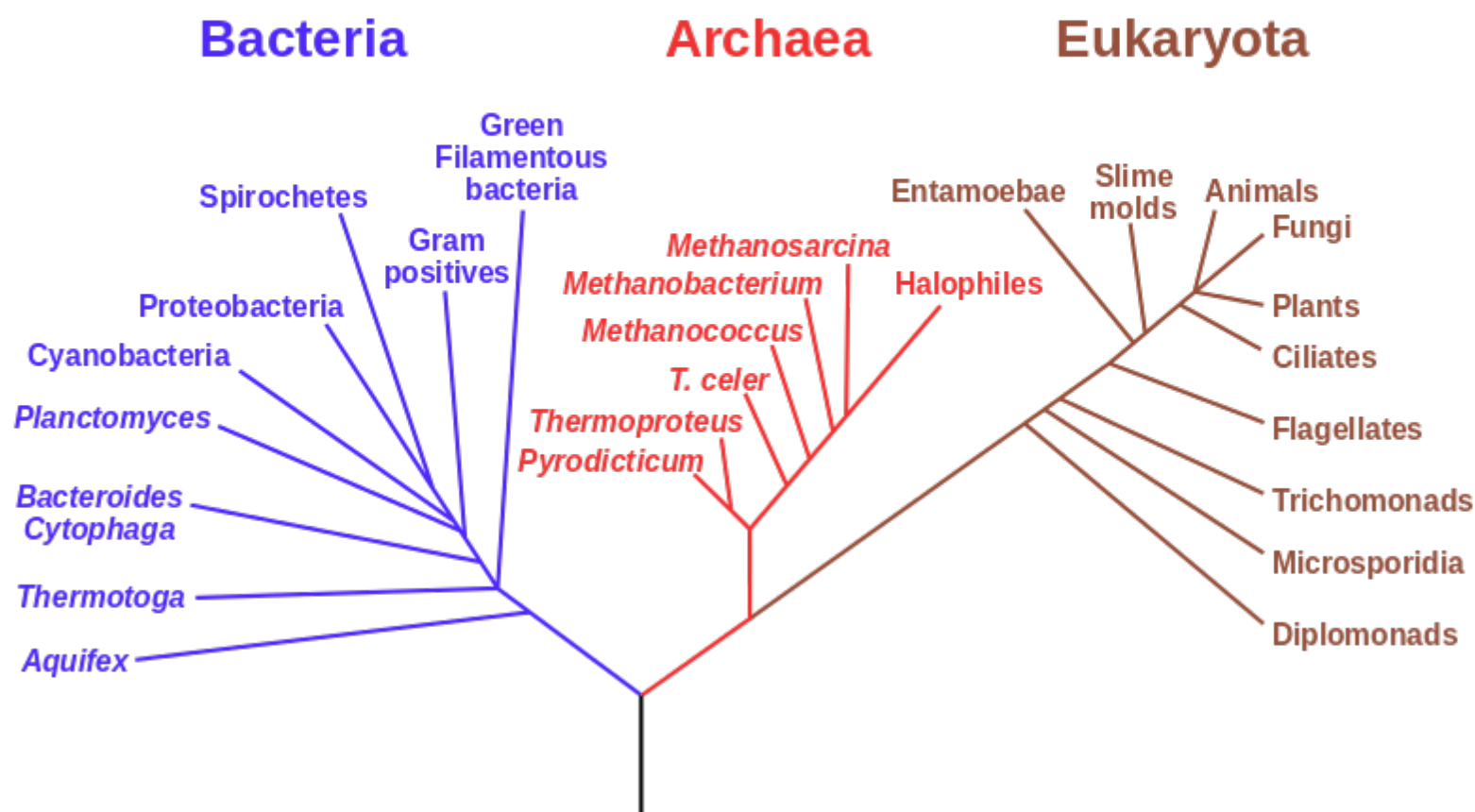
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

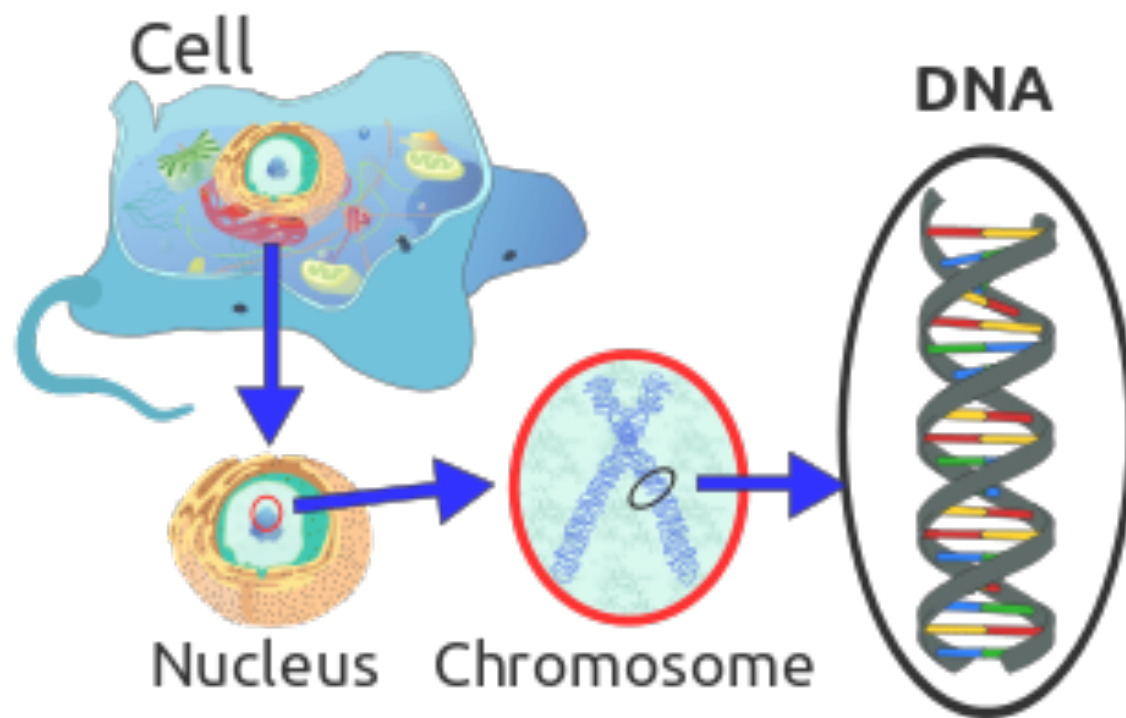
1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

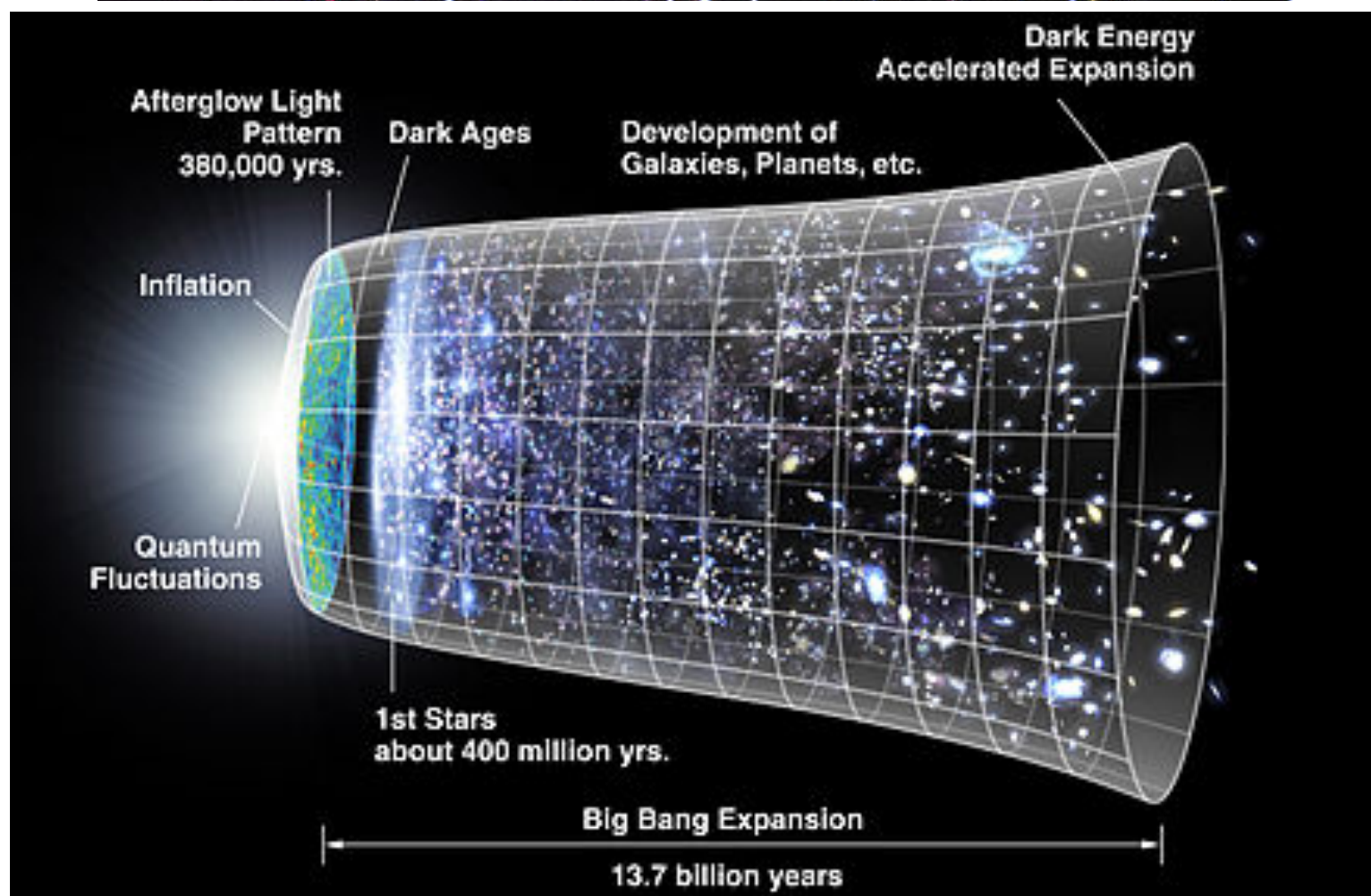
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

Copyright Information

The images in this book are either in the public domain, used in accordance with the Fair Use Copyright law or Creative Commons License, or with the appropriate permission. If you are the copyright holder of any image in this book and believe it was used in error, please contact us at freewill@encognitive.com and the image will be immediately removed.

The curated quotations and passages in this book are meant to analyze, critique, support, dismiss, review, or comment on particular subjects. The persons quoted in this book are *not* associated with Naturalopy, nor do they endorse it in anyway, nor were they contacted prior to the book's publishing.

A special thanks to www.wikipedia.org and many others, too many to mention, who openly provided the content that made this book possible.

Disclaimer

This book comes with no warranty whatsoever, either implied or expressed. Its content is for educational and entertainment purposes only. No effort was made to ensure that the information is complete or accurate. The reader is solely responsible and liable for how she or he uses the content within the pages of this book, either in print or electronic format.

Where applicable, parts of this book are copyrighted by Trung Nguyen (Copyright © 2014 by Trung Nguyen). However, you may use the work by the author in this book without restriction.

Where applicable by international laws, the words “Naturalopy”, “Naturalopic”, and “Naturalopist” are trademarks of EnCognitive.com .

Compiled by Trung Nguyen

Written by Trung Nguyen

freewill@encognitive.com

www.encognitive.com

November 2014, Edmonton, Alberta, Canada

ISBN: 978-0-9811071-2-7

DONATE

If you found this book to be helpful, please consider donating via PayPal by clicking the image below. Any amount is appreciated.



https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=F3BFA8ZH7QL9S

If the link image and link above do not work, the PayPal email to donate to is:

freewill@encognitive.com

You only live once. Make it count.